

# Break the Chain (OBR)

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Emma Ruhnau (DE) - February 2025

Musique: Break the Chain - One Billion Rising



**\*\*1 Restart**

**\*80 counts Intro**

**Intro 80 counts EASY PEASY, Start the Intro to 6:00 (with your back to the audience)**

**[1-16] Raise arms, arms down and pray**

1-8 raise arms above your head

1-8 Put your arms down and close your hands in front of your breast to pray

**[17-32] 4x Sway R,L with arms R,L, 4x Sway R,L cross arms to L,R shoulders**

1-8 Sway on RF, R arm to R side, Sway on LF L arm to L side, Sway on RF, R arm to R side,  
Sway on LF L arm to L side,

1-8 Sway on RF, R arm to L shoulder, Sway on LF L arm to R shoulder, Sway on RF, R arm to L  
shoulder, Sway on LF L arm to R shoulder

**[33-64] 4x walks ,2x steps on the spot, cross 1/2 turn**

1-2,3-4 walk with RF fwd, walk with LF fwd

5-6,7-8 walk with RF fwd, walk with LF fwd

1-2,3-4 step on RF, step on LF (on spot)

5-6,7-8 Cross RF over LF, 1/2 turn

**[65-80] 8 steps on the spot, arms down, under arms up, R arm up with index finger**

1-4 step on RF, step on LF, step on RF, step on LF, with your arms down as you walk

5-6 step on RF, step on LF (on spot), put your under arms up,

7-8 step on RF, step on LF (on spot), put your R arm and your index finger up to the sky

1-8 Repeat: 8 steps on the spot, arms down, under arms up, R arm up with index finger

**Sect – 1 Stomp, 3x bounce 1/2 turn, Stomp ,3x bounce 1/2 turn**

1,2,3,4 Stomp RF in front, bounce both feet 3 times and make a 1/2 turn over your L Shoulder weight  
is on LF

5,6,7,8 Stomp RF in front, bounce both feet 3 times and make a 1/2 turn over your L Shoulder weight  
is on LF

**Sect - 2 Step R fwd, touch L, step L back, touch R, Step R fwd, touch L, step L back, touch R (clap or snap if  
you like!)**

1-2,3-4 Step RF fwd and touch your LF next to RF, step with your LF back and touch your RF next to  
LF

5-6,7-8 Step RF fwd and touch your LF next to RF, step with your LF back and touch your RF next to  
LF

**Sect – 3 Rock step R fwd, 1/2 shuffle turn, step turn L , shuffle L fwd**

**Restart 1 Wall 4 After 24 counts**

1,2 step RF fwd, put your weight back on LF

3&4 1/2 turn over R Shoulder with weight on RF, step LF next to RF, step RF fwd

5,6 Step LF fwd and make a 1/2 turn over your R shoulder, put weight on RF

7&8 Step LF fwd, step RF next to LF and step LF fwd

**Sect - 4 Step R fwd, Point L, Step L fwd, point R, jazz box 1/4 turn**

1,2 Step with your RF fwd and point with the LF to the L side

- 3,4            Step with your LF fwd and point with your RF to R side
- 5,6            Cross your RF over your LF, step your LF back
- 7,8            Step your RF to the side and step your LF next to RF with weight on LF

**Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure**

**that it's in original form and nothing's missing, such as contact details etc.**

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**Last Update: 10 Feb 2025**

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